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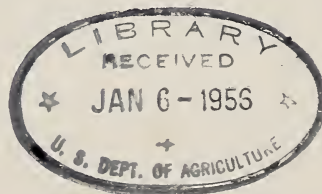
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**COOK PORK
and its products
THOROUGHLY**



U.S. Agricultural Research Service

UNITED STATES DEPARTMENT OF AGRICULTURE

COOK PORK AND ITS PRODUCTS THOROUGHLY

Meat Inspection Branch
Agricultural Research Service

Pork is an important part of the diet in most American families. Before it is eaten, certain hygienic precautions must be taken in preparing it. This is true for other foods also. As examples, most fruits and vegetables are washed or peeled; milk is commonly pasteurized to destroy harmful bacteria that may be present; water supplies are treated, if necessary, to purify them. The necessary safeguard in preparing pork and numerous other foods is proper cooking.

Fresh pork should always be cooked so that it is "done" throughout. In addition to making the pork safe to eat, proper cooking brings out rich flavor.

WHEN PORK IS "DONE"

Fresh Pork

Fresh pork is "done" when all traces of pink have disappeared. Thoroughly cooked pork is creamy white in color.

After cooking pieces containing bone, such as pork chops, always cut along the edge of the bone where it joins the flesh, to be sure that the meat is not pink or even pinkish.

Large pieces require much more cooking than small ones, because heat penetrates more slowly into the center of the meat. Large pieces that are well cooked on the outside may be partly cooked or almost raw in the center. To eliminate any doubt when cooking a large piece, make a slight cut into the center of it to see whether all trace of pink has disappeared.

A dependable guide to thorough cooking of fresh pork is to allow 30 minutes' cooking time per pound, at the usual roasting or baking temperature of 350° F.

Fresh Pork Sausage

Fresh pork sausage is "done" when it is gray and no trace of pink remains.

Processed sausage made of pork should always be cooked unless you know definitely that the product was specially processed under Federal supervision, or under equally reliable State or local supervision. Sausage purchased from farmers or peddlers should be cooked every time. Not much heat is required if it actually reaches all parts of the pork. A temperature as low as 137° F. will make the pork safe.

Mixtures of Ground Beef and Pork

Mixtures of ground beef and pork are used in some places selling hamburgers. If you are not sure that the hamburger contains only beef, be sure that it is thoroughly cooked before you eat it.

THE "WHY" OF THOROUGH COOKING

Cooking pork until it is "done" kills any trichinae that may be present. This is the common name for the parasite *Trichinella spiralis*, which infests a small percentage of American hogs. Trichinae, which can be seen only through a microscope, cause a disease known as trichinosis in people who eat infested fresh pork that has not been thoroughly cooked.

TRICHINOSIS

The seriousness of trichinosis depends on the number of live trichinae in the pork eaten. The consumption of moderate quantities of lightly infested pork may cause very slight illness, or none. The consumption of heavily infested pork, or large quantities of raw or partly cooked pork that is lightly infested, may produce a painful and serious case of trichinosis.

Trichinosis is found most often among people of foreign origin or descent. The reason is that many people of certain European countries retain their native fondness for raw or imperfectly cooked pork. However, trichinosis has also infected many people of American birth or American ancestry, largely because they have failed to cook pork or pork products thoroughly.

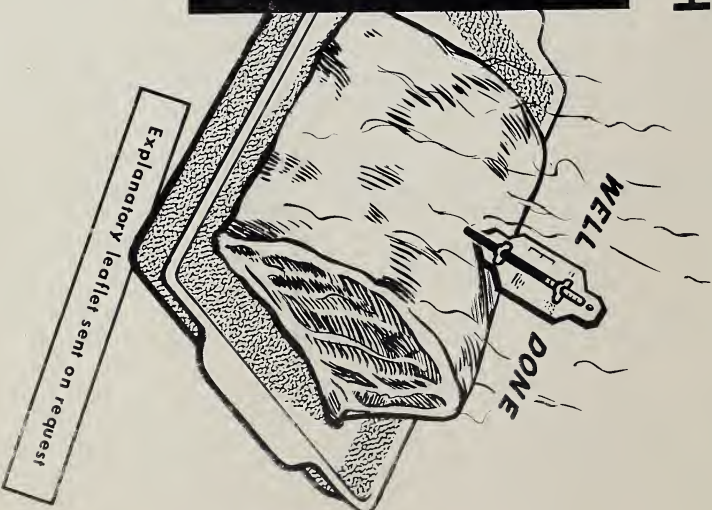
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FOR BETTER FLAVOR TO SAFEGUARD YOUR HEALTH

COOK PORK AND ITS PRODUCTS THOROUGHLY

*Pork is a savory
nourishing food, rich in*

FOOD MINERALS - B VITAMINS - PROTEINS



U. S. DEPARTMENT OF AGRICULTURE
AGRICULTURAL RESEARCH SERVICE

MEAT INSPECTION BRANCH